

Wright State University

CORE Scholar

The Guardian Student Newspaper

Student Activities

11-18-2015

The Guardian, November 18, 2015

Wright State University Student Body

Follow this and additional works at: <https://corescholar.libraries.wright.edu/guardian>



Part of the [Mass Communication Commons](#)

Repository Citation

Wright State University Student Body (2015). *The Guardian, November 18, 2015*. : Wright State University.

This Newspaper is brought to you for free and open access by the Student Activities at CORE Scholar. It has been accepted for inclusion in The Guardian Student Newspaper by an authorized administrator of CORE Scholar. For more information, please contact library-corescholar@wright.edu.



News

Cabelas opening
in Centerville
Page 3

Cabela's
WORLD'S FOREMOST OUTFITTER®

Writers

NaNoWriMo
support group
created on
campus
Page 5



Body

Hangover cures:
Fact or Fiction?
Page 6



Sports

Volleyball fails to
make the confer-
ence tournament
Page 15



“The first of the storm:” ISIS attacks on Paris



Leah Kelley
Editor-in-Chief
Kelley.go@wright.edu

At least 129 people were killed in Paris, France on Friday, Nov. 13, in a series of coordinated attacks by the Islamic State jihadist group (ISIS).

In an official statement from the terrorist group, ISIS claimed responsibility for the attacks on Paris, a city they

called “the capital of prostitution and vice, the lead carrier of the cross in Europe.”

The shootings and explosions began at 9:20 p.m. Three explosions occurred near the Stade de France during a soccer match between France and Germany. Among the 80,000 spectators was the French president Francois Hollande. At the Bataclan hall, ISIS mem-

bers began to fire on the audience of the performing band Eagles of Death Metal.

At Le Petit Cambodge, a Cambodian restaurant in the 10th neighborhood district, twelve people were killed while eating outside. Another five people were killed while eating at the pizzeria La Casa Nostra.

ISIS called the attacks “the first of the storm.”

President Hollande declared a state of emergency after the attacks in Paris, stating, “As I speak, terrorist attacks on an unprecedented scale are taking place in the Paris area. There are dozens killed, there are many injured. It is a horror.” Hollande concluded his speech with the ever patriotic, “Vive La Republique et vive la France.”

France retaliated Sunday on the Islamic State’s capital in Raqqa, Syria. According to the French Defense Ministry, ten aircraft dispatched 20 bombs, which made contact with a soccer stadium and medical facilities among other targets.

The U.S. Forces helped to compile a target list of Raqqa for the French military.

President Obama offered a statement following the attacks on Paris, according to whitehouse.gov.

“Once again we’ve seen an outrageous attempt to terrorize innocent civilians. This is an attack not just on Paris, it’s an attack on all humanity and the universal values that we share,” Obama said.

Benedicte Masson, 23, is a French psychology student living in Paris who was in the city during the attacks.

“Saturday morning I had to go to work,” Masson said, “so I took the metro and it was very, very quiet. I went to the nearest mall, but it was empty... it’s Christmas time and it was empty. People don’t want to shop because they are so sad and scared.”

“I was very surprised with all the support we (France) got from everywhere in the world. It was amazing,” Masson said.



Processed meats linked to cancer



Adrienne Lohr
News Writer
Lohr.8@wright.edu

The World Health Organization (WHO) confirmed that red and processed meats, such as bacon, sausage and salami, are increasing chances of cancer.

Packaged and processed meats are engineered in a way that is designed to either extend their shelf life or enhance the meat’s natural taste. The most common methods such as smoking, curing or adding salt and preservatives, release carcinogenic chemicals that have been linked to colorectal, or bowel, cancer.

The WHO report states that just 50 grams of processed meat every day, just shy of two slices of bacon, increases

chances of cancer by 18 percent.

Amy Wissman, lecturer of biological sciences at Wright State University, affirmed that this is not new information.

“This has been something that has been alluded to for a long time,” Wissman said. “I think this just reinforces what we’ve already known or inferred, that, in general, this stuff isn’t very good for us.”

The study didn’t suggest that all meat was bad, though. On the contrary, meat offers a variety of health benefits such as rich proteins, iron and vitamins that the body needs. Wissman said that when it comes to diet and lifestyle, moderation is key.

“It’s not saying that you can’t ever have any types of

red meats or any processed meats, but you just have to be smart about it,” Wissman said. “There are certain things that we should probably minimize the amount of, but you can’t read one study and completely cut out an entire food group.”

This new information could be concerning to some, but Wright State senior Dylan Dohner isn’t too worried about the risk.

“I wouldn’t give up red meat entirely because I know that I don’t eat enough of the processed meat for it to really be a concern,” Dohner said, “but it still makes me wary of how I’ll choose my foods in the future. Processed foods were never really the best choice to begin with and this new information makes a much larger case for

it.”

Nuts, seeds, lentils and soy products are good supplements for those who do choose to shy away from meat, according to Wissman, but individuals should consult a dietitian or healthcare professional before eliminating the food group to learn how to supplement themselves properly.

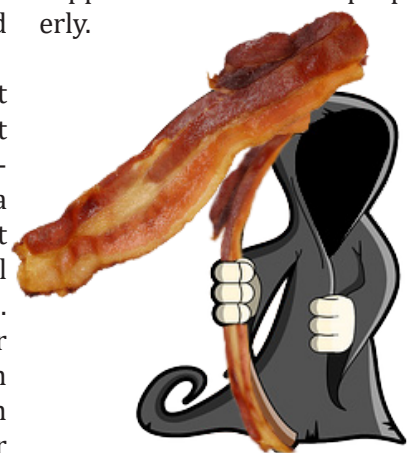
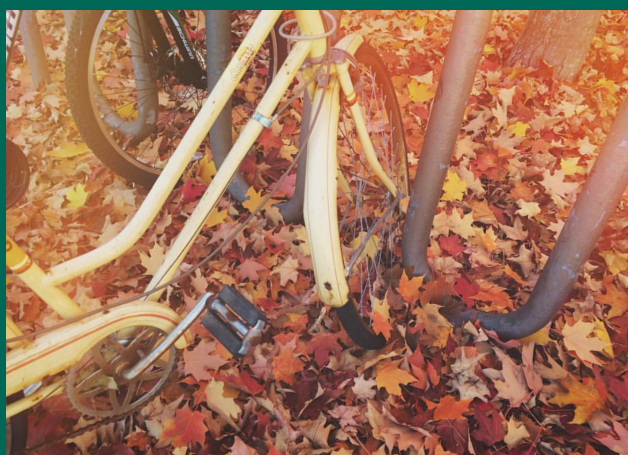


Photo of the Week

GUARDIAN STAFF

For Advertising

Phone: 775-5537
Fax: 775-5535
014 Student Union
3640 Colonel Glenn Hwy.
Dayton Ohio 45435



Your photo could be shown here! Just include #WSUGUARDIAN to enter and your Instagram of WSU could be chosen for our next issue.



Editor-in-Chief
Leah Kelley



Business Manager
David Neikirk



Features Editor
Adam Ramsey



News Editor
Olivia Rutherford



Sports Editor
Lee Barker III



Marketing/Promotion
Justin Greear



Photo Editor
Josh Cunningham



Photographer
Emily Nurrenbrock



Graphics Manager
Alexis Schankin



Sports Writer
Tre Hogue



Layout Manager
John Klaassen



Ad Representative
Robert Laughlin



News Writer
Adrienne Lohr



Ad Representative
Kyle Pheanis



Accountant
Shelby Kotecki

The Guardian is printed weekly during the regular school year. It is published by students of Wright State University in Dayton, Ohio. Editorials without bylines reflect the majority opinion of the editorial board. Views expressed in columns, cartoons and advertisements are those of the writers, artists and advertisers.

The Guardian reserves the right to censor or reject advertising copy, in accordance with any present or future advertising acceptance rules established by The Guardian. All contents contained herein are the express property of The Guardian. Copyright privileges revert to the writers, artists and photographers of specific works after publication. Copyright 2015 The Guardian, Wright State University. All rights reserved.



Classifieds

Caregiver Job

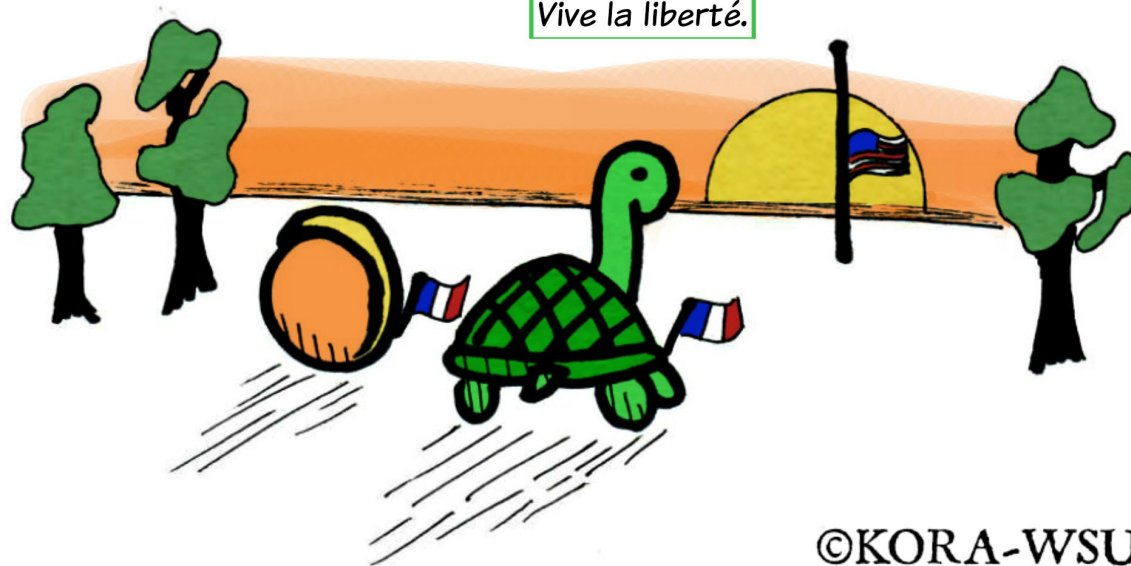
Beavercreek, For Alumni that works at WPAFB. \$15 an hour. Insurance pays. Possibly share large home. Background check First Aid CPR for Insurance to pay
Contact number 937-626-7830

Male & Female Yorkshires Puppies free to a good home if interested contact me for more information :
gomezjimmy259@gmail.com

WRIGHT STATE ADVENTURES OF TURTLE & PANCAKE VOL.10

Vive la France.

Vive la liberté.



©KORA-WSU

tweets of the week



Matt Hoffman

I could shoot around at wright state all day everyday 🏈🏈



Leah

Never had a stranger ask me to put glasses on their face before but then again I always get random weird requests at Wright State



Kaitlyn Jordan

Just met the President of the Board of Trustees for Wright State in the check out line at meijer. Never know who you're going to meet



Tyler Shaw

I just registered for my last semester of classes at Wright State before graduation and don't know how to feel about it 🤔😞😞



The real reason Wright State doesn't want to worry about parking is because they make hella money off of parking tickets.

Cabela's opening in Centerville

Jesse Schrote
News Writer
Schrote.2@wright.edu

Cabela's at the Cornerstone development in Centerville is set to open in the early part of 2016.

The World's Foremost Outfitter, according to the slogan, was founded in Nebraska in 1961 by Dick and Jim Cabela.

The company currently has over 70 retail stores, with 12 more opening by the end of next year. Cabela's plans to nearly double its number of current retail locations within the next four years.

Cabela's specialize in hunting, fishing and outdoor gear, but that is only the tip of the iceberg. They offer clothing from brands such as The North Face, Under Armour, Columbia, and Carhartt. A variety of footwear options are also available. Cabela's has a distinctive look to its retail stores, one that turns its retail stores into tourist attractions. They feature a wide array of taxidermy that is of quality fit for a museum.

Hasan Abdul-Karim, 21, recalls visiting Cabela's while traveling in West Virginia. "It's going to be pretty cool having a Cabela's by my house. It will fill all of my

hunting needs and desires," said Abdul-Karim.

There are some concerns as far as traffic in the area. Local construction crews have been working to widen the roads on both Feedwire Road and Wilmington Pike, in order to address the increased traffic in the area.

"Traffic has already increased in the area due to the construction of Costco, with the addition of Cabela's and additional developmental projects in the area, I fear it will make the traffic problem even worse," Abdul-Karim said.

"The Centerville, Ohio store at the Cornerstone has a tentative opening for the spring of 2016," said Cheryl, a corporate receptionist for the company. Cheryl was unable to give her last name due to company policy. Multiple attempts were made to reach other employees, but were unsuccessful.

If you are looking for a local retail giant to offer all of your outdoor needs, there are only a few more months until it will be available. Cabela's will be a short drive from Wright State, only an 11 mile drive from campus on Interstate 675.

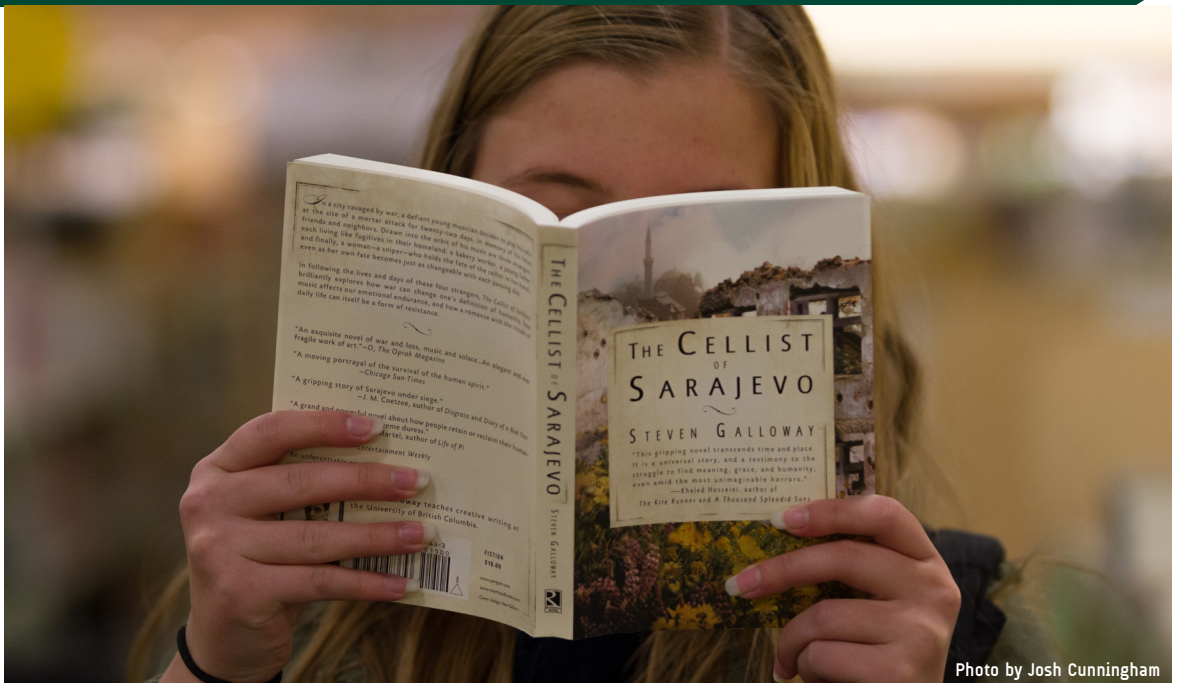


Photo by Josh Cunningham

A look at the Common Text: The Cellist of Sarajevo



Hasan Abdul-Karim
Contributing Writer
Abdul-Karim.2@wright.edu

After months of planning, acclaimed author Steven Galloway decided to grace Wright State University with his presence on Monday night.

Galloway's novel *The Cellist of Sarajevo* was selected as the common text for this semester's UVC classes.

The event was planned and orchestrated by the University College, with the intent for students to engage Galloway with the themes and subject matter that is prevalent within his novel; themes such as survival, nationalism and the loss of innocence.

The novel, which is considered a piece of fiction, takes place during the Bosnian war of 1992-1995, a conflict that took place in the Balkan peninsula and was part of the greater conflict known as the breakup of Yugoslavia.

The war in Bosnia saw three of its largest ethno religious groups; the Bosnians, Serbs and Croats battling for dominance in the region. This war became known for its hallmark of brutality and saw neighbor savagely killing neighbor.

The novel follows three people who live in the besieged city of Sarajevo, the capital of modern day Bosnia and Herzegovina. Each character has a separate narra-

tive and motive for survival; their stories are intertwined within the novel using a nameless cellist player who plays at the same place for 22 days in remembrance of the 22 people who died in a motor attack.

"I found it very interesting that Steven Galloway decided to describe the blatant brutality of war by using very simple language," freshman Timothy Anthony said.

The unnamed cellist in the novel is based on a real person by the name of Vedran Smailovic, who regularly played his cello in the bombed out buildings of Sarajevo in the opening months of the conflict. He was forever immortalized by journalist John Burns in a two-page photo piece done for the New York Times.

"I first saw this piece in the waiting room of a dentist office," Galloway said. "The problem with the *Cellist of Sarajevo* piece is that it is a fantastic photo, but it's a terrible story."

Galloway held on to this idea and more than a decade later constructed a narrative with the intended goal of telling a story of a city under siege and the effects that it had on its human subjects.

Research was done on the novel by using a number of different methods; not only did Galloway utilize source material that already exists,

he also traveled to the city itself and conversed with the inhabitants that lived through the siege.

When the novel came out in 2008, it was generally well received, becoming a best-seller and winner of numerous literary awards.

This novel deals with many themes, but none more prevalent than fear and hatred and the effects that these two powerful human emotions have on the psyche.

A combination of the two can be seen as the principle driving force of the conflict that claimed the lives of more than 100,000 people and the reason why human beings can so easily turn on each other.

"No one ever thinks that we are the bad guys," Galloway said. "The people who commit these grave acts of violence do it because they believe that what they're doing is right."

This is no more prevalent in the book than the scene of nameless men going up to the hilltops to wreak destruction on their own city, a place they called home for most of their lives.

"The one thing that I found very interesting in this book is the themes of ethnicity and religion as a concept that brings us together as well as tear us apart," Senior, Brittany Willson said.




Photo by Josh Cunningham

The new Cabela's store will be located only 11 miles from campus, just off I-675.



Debate: Updates to the Nutter Center

 Hasan Abdul-Karim
Contributing Writer
Abdul-Karim.2@wright.edu

The polls for the 2015 election have closed but Wright State is looking ahead to the presidential election season as they prepare to host the first 2016 debate on Sept. 36.

University officials have announced news of further funding initiatives and updates to the Nutter Center. This news comes in time of the arrival of Wright State's debate committee from a learning session with the Commission for Presidential Debates (CPD), which was hosted in Washington DC.

At this stage in the process, the university is concerned with getting the student population involved as much as possible as well as raising adequate funds that are necessary for the debate to run as smoothly as possible.

"Ideas of engaging our students in every which way, is a big deal for us," University President Dr. David Hopkins said.

Committees have been formed within the various departments of the university to come up with initiatives that will target students and local residents alike.

"By hosting this debate at Wright State, we want this to be a great benefit, not only to our students, but also to students of other higher learning institutions around the area," Hopkins said.

Wright State plans to launch all activities, relating to the debate, at the beginning of February. These activities will include talking about the CPD, encouraging students to get involved in the democratic process of voting and engaging with K-12 students across 16 county regions.

The university has made it very clear that they want students to be able to take full advantage of this historical event. Tickets to the debate that are received by Wright State will be going directly to the student population, according to campus officials.

"We want this to be about students having a wonderful once in a lifetime experience," Hopkins said.

Unfortunately, not every student who wants to go to the debate will be able to get a ticket; in order to make ticket distribution as fair as possible a lottery system of some sorts will be used.

Ohio ranks 8th nationally for obesity

 Adrienne Lohr
News Writer
Lohr.8@wright.edu

Ohio has joined the worldwide pandemic which the World Health Organization (WHO) has coined 'globesity,' ranking eighth in the United States for obesity rates.

Over 32 percent of adult Ohioans are considered obese with a body-mass index of 30 or higher, according to a new report by the Robert Wood Johnson Foundation and Trust for America's Health.

The growing obesity rate is not new information. The WHO has been concerned with the obesity pandemic since the 1990s. However, the growing concern should incentivize residents to be more aware of the consequences, according to Dr. Ann Stalter, associate professor and RN-BSN director for Wright State's College of Nursing and Health.

"It's a multi-system level issue and its causes are as complex as the health threats it predisposed from it," Stalter said. "Essentially, it's a social-environmental disease, and Ohioans need to be cognizant that obesity can result in a multitude of physical, social, emotional and financial consequences, and, as those

consequences play out over time, they can imbalance the fiber of our economy and especially of our health care systems."

Obesity is multi-faceted in its effects, according to Stalter. Some of the most common risks include diabetes, cardiovascular disease, hypertension and stroke.

Some forms of cancer can also stem from obesity. These diseases can spark long-term effects that severely cripple the quality of life that range from serious chronic conditions all the way up to premature death.

"It is the care of these diseases that threaten Ohio's future. It's the multi-level im-

"Support one another in being healthy, not judging another for being overweight or obese."

pact," Stalter said.

Stalter said that obesity prevention is a three-pronged process: primary prevention, catching the problem before it starts, secondary prevention, early identification of obesity and its related health risks, and tertiary prevention, offsetting the issue with interventions involving di-

etary therapy, medication or surgery to induce weight loss or prevent additional weight gain.

Taking physical action over obesity will have a great impact on obesity rates and health, but real change will stem from reshaping our thoughts about obesity and its outcomes.

"Stop finding excuses to defend being overweight, eating poorly and for not being active."

"Here's the one thing we might consider doing—we could declare war on obesity. That's right, take up arms [not literally] and defend healthy bodies," Stalter said. "Stop finding excuses to defend being overweight, eating poorly and for not being active."

"Establish clear boundaries on controlling intake and output. Ration food portions to equal a balanced diet and expend the extra resources that you have stored up in your reservoir! Support one another in being healthy, not judging another for being overweight or obese. Hold one another accountable for being healthy."



Over 32 percent of adults in Ohio are considered obese, with a body-mass index of 30 or higher.



Student creates NaNoWriMo group

Jesse Schrote
News Writer
Schrote.2@wright.edu

National Novel Writing Month (NaNoWriMo) is a nonprofit organization that challenges writers of all skill levels to write 50,000 words during November.

The organization has much more to offer, however, with programs now including: National Novel Writing Month in November, Camp NaNoWriMo, the Young Writers Program, Come Write In and the "Now What?" Months.

NaNoWriMo began in 1999 and became the current nonprofit organization in 2005. In 2014 alone they had over 325,000 participants, over 81,000 of those participants from students and educators in the Young Writers Program according to the organizations website.

Catalleya Storm, a Political Science major, has organized a NaNoWriMo support group at Wright State with the help of the English Club. Storm started the group because of the lack of one in the local area.

"I think it's mainly because of all of the write-ins and

the groups that deal with NaNoWriMo are further out and I don't drive," Storm said.

Carolyn Stoermer, Instructor in the English Department as well as the Faculty Advisor for the English Club is also a past participant.

"NaNoWriMo is a movement to get people writing who may not feel comfortable otherwise," Stoermer said. "When I did it, it was almost a psychological exercise."

Stoermer said that she offered the full support of the English Club to the NaNoWriMo support group to encourage people to participate. The English Club events are open to all people affiliated with Wright State both past and present and they are always free.

"NaNoWriMo is a contest, mainly against yourself and you are pushing yourself to create a 50,000 word novel. It might not be a full novel, it might not be the completed version of the novel, but you're pushing yourself to get to 50,000 words at all costs regardless of whether it is completed or not," Storm said.

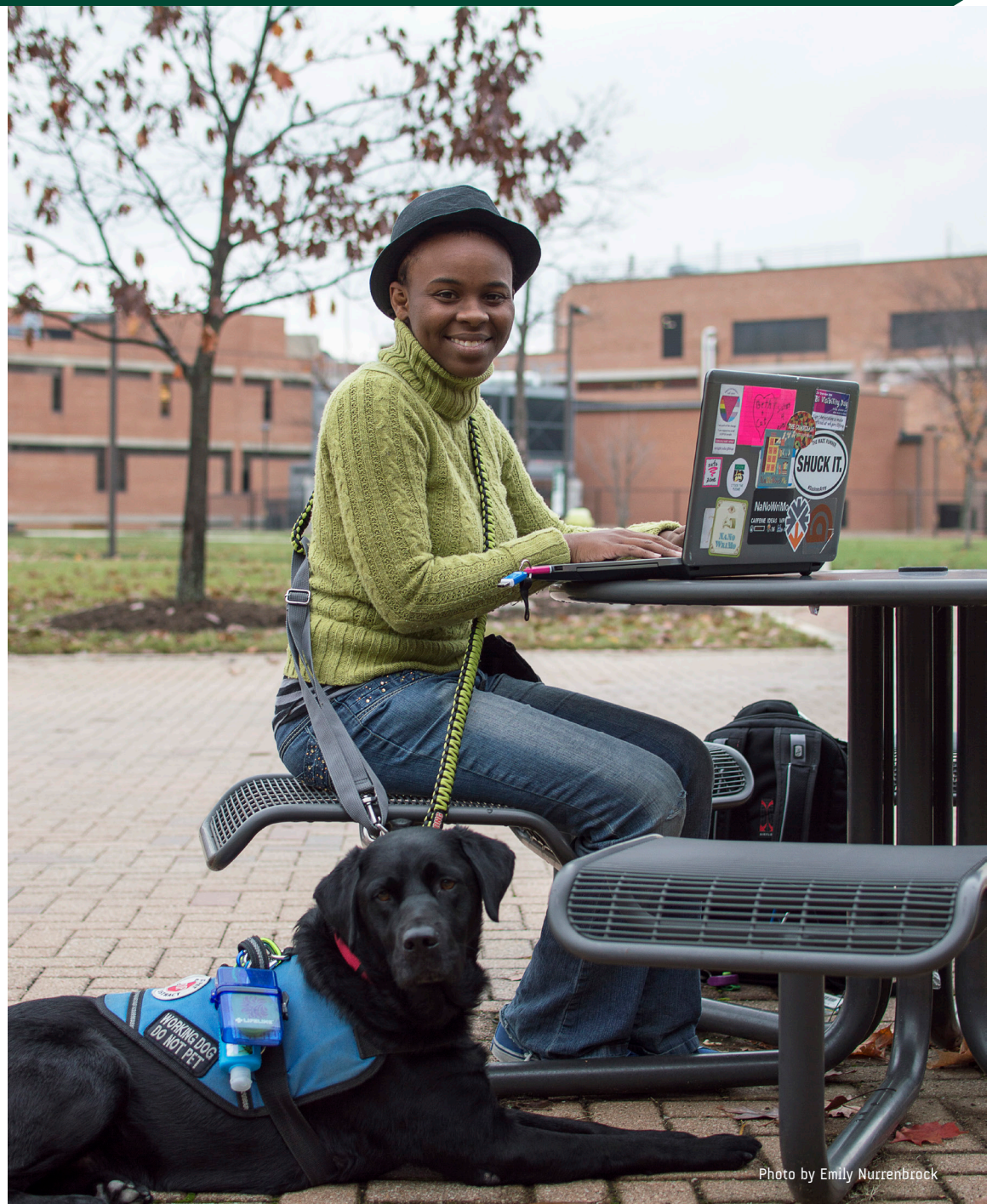


Photo by Emily Nurrenbrock

Catalleya Storm has organized a NaNoWriMo support group for students at Wright State.

8 tips to avoid excess weight during the holidays

Jesse Schrote
News Writer
Schrote.2@wright.edu

During the holiday season there are tons of wonderful treats that we look forward to enjoying, but at what cost?

It is easy to get caught up in the moment during the holidays only to step on the scale and see that you have gained weight.

The Cleveland Clinic offers a list of eight tips to help avoid gaining weight, while enjoying your favorite holiday treats at parties and family functions.

1. Exercise: It is important to exercise. If you are looking to burn extra calories, increase your aerobic activity. For example if you exercise 30 minutes at a time, try increasing it to 45 minutes.

2. The seven rule: By eating seven servings of fruits and vegetables throughout the day you are keeping your stomach full, without piling on the calories. Keep cut fruits and vegetables on hand to have as snacks, especially with the running around that takes places during the holidays.

3. Resist the temptation: By avoiding as much temptation as possible, you can help eliminate some of the risk. It is not possible to avoid all tempting foods, but avoiding some will help tremendously.

4. Limit yourself to one: Only allow yourself one small serving of a special treat once a day. If you happen to miss a sweet treat one day don't try to make up for the lost time by having two the next day.

5. Plan ahead: Never go to a party on an empty stomach. If you have a healthy snack before you attend a party you will be less likely to over-

indulge in the unhealthy options that are likely to be served.

6. Take control: Use a small plate when getting ap-

petizers, avoid sauces that are high in fat and make smart choices when it comes to desserts, such as Jell-O, pudding and shortbread.



Tea. Pray. Love.

Jesse Schrote
News Writer
Schrote.2@wright.edu

Drinking tea can be beneficial to your mind, body and soul.

Melissa Ledinsky, a nutritionist and a sales representative for Bright Earth Foods, a raw organic superfood company, offers information pertaining to a variety of teas that can help improve your health.

"Teas are a great way to support your immune system, due to the adaptogenic properties of the herbs," Ledinsky said. "There is a tea for almost every ailment imaginable."

Pure Green Decaf Tea is a tea that is naturally decaffeinated to keep its flavor and antioxidant benefits intact. This is a great tea to drink anytime of the day as it is a tea that supports vitality. It is a great tea to ward off diseases and help prevent aging.

Peppermint Tea can be enjoyed on a daily basis to help ease minor stomach discomfort and aid with occasional heartburn. This tea is an excellent option after a meal, especially with the holiday season upon us. It is also a great way to reduce pain and eliminate inflammation. It helps relax the body and mind and it boosts the immune system.

Ginger Tea is also a tea that can aid in digestion. Ginger

has been used by Ayurvedic practitioners for years as a way of activating the energy within the body which in turn can assist with promoting balance and harmony. This tea is also great for preventing nausea and vomiting attached with motion sickness.

Chamomile Tea is great for relaxing or trying to sleep. This tea also offers many healing properties such as treating cuts and wounds, muscle spasms and soothing a stomach ache. This tea also promotes healthy skin and helps clear skin irritations such as eczema and acne due to its anti-inflammatory properties.

Echinacea Plus is a tea that supports the immune system. It is used for helping shorten the duration of colds and to aid with a sore throat. It has been used for its healing properties by many cultures all over the world for centuries.

Emily Evans, a Mass Communications major, is a tea enthusiast and drinks it for both the taste and the health benefits.

"I drink Pure Green Tea on a daily basis it's very soothing and it doesn't stain my teeth," Evans said. "I drink English Black Tea for the flavor; it also provides energy from the caffeine."

6 grocery shopping tips for the frugal (and broke) college student



Leah Kelley
Editor-in-Chief
Kelley.90@wright.edu

Nothing breaks the bank like a trip to the grocery store, but does that have to be the case? The necessities of life, like food, shouldn't be a contributor to our financial stress. Here are ten simple and practical ways to cut down on monthly grocery spending.

1. Do your shopping in multiple locations.

In southwest Ohio, Kroger and Meijer hold the grocery monopoly, but that doesn't mean they always have the best prices. Take a Saturday afternoon to scout the Dayton area for wholesale or discount food stores, like Aldi or even the dollar store. Basic purchases like canned food and pasta could potentially be cheaper if you venture away from your normal grocery haunts.

2. Don't buy name brands.

Don't fall for advertising campaigns by buying the name-brand cereal, pasta, or candies. Generally the off-

brand is the exact same thing without the company's dollars backing the advertising. The food will taste the same and be cheaper.

TIPS FOR BROKE COLLEGE STUDENTS

3. Buy in bulk.

A large bag of rice is only a few dollars more expensive than the individual ready-to-go rice packets and will feed you much longer. If the store has a good sale on a product and you know you like it, don't hesitate to buy several of the product to eat over the

next several weeks. You'll save money in the long run.

4. Be a smart couponer.

The first rule of couponing is not to buy something you know you won't eat, regardless of how good the discount is. Print your coupons out at home ahead of time and make sure you check multiple websites to make sure you're getting the best deal. Also make sure the coupon is accepted at your grocery store.

5. Plan your meals ahead of time.

Knowing exactly what you're going to eat this week will help cut down on impulse purchases at the grocery store. You'll also spend less in the long run, because you'll be able to plan for leftover meals.

6. Don't shop when you're hungry.

The worst thing you can do for yourself is grocery shop on an empty stomach. Suddenly those expensive deli meals look very appealing.

Hangover cures: Fact or fiction?



Adam Ramsey
Features Editor
Ramsey.55@wright.edu

Hangover cures are ubiquitous in our culture. Movies and television shows throw hot coffee at drunk characters to get them to sober up. However, do any of these "cures" actually work?

To start, what is it about drinking alcohol that causes the hangover? Many people think that alcohol dehydrates the drinker, which causes the painful after-effect. However, it is a build-

up of acetate, which floods the system when alcohol is broken down. The pain you feel in the morning is not entirely due to lack of fluids; it's caused by an excess of acetate.

So, water, a common hangover cure, is already knocked off the list. Though alcohol will cause the drinker to lose fluids, beyond rehydration, water will not help to turn your world right side up again.

Coffee as well as the classic "greasy breakfast" hold no scientific proof that they are of any benefit at all, although

eating eggs can aid in the breakdown of alcohol.

Pedialyte also is not helpful for anything more than what it's designed to do: relieve nausea and diarrhea in infants.

Fear not barflies. There is hope for the frequently tipsy. Though the common myths about hangover treatment are indeed false, there are some cures that have been put to the test.

As far as looking for specific cures, sometimes the best bet is to look for products that are specifically designed to stop hangovers. The favor-

ite on hangovercure.org, a website whose creators put hangover cures to the test, is a product called Sobur, which is a pill which contains DHM, a chemical found in Chinese herbal tree extract.

Studies conducted by the Commonwealth Scientific and Industrial Research Organization in Australia have

proven that pre-gaming with Asian Pear juice will diminish hangover symptoms the following morning.



What do you **like about yourself**? 💖

And **what do others like about you**?



I think I'm funny.

Alvin

Nice smile!

Skintone!

Style!

Great head of hair!



I think I'm resilient, independent, and positive.

Desirae Owens

Great hair!

Beautiful smile!

Gorgeous eye color!

Nice teeth!



I never give up.

Jazzmin Khonathy

Great, clear skin!

Peaceful!

Nice lips!

Killer eyebrows!

Do you have Endometriosis pain?

We are conducting a research study to determine the safety and effectiveness of an investigational vaginal ring. An investigational medication is one that is being tested and is not approved for use in the United States by the U.S. Food and Drug Administration (FDA).

Who may qualify:

Premenopausal women, age 18 and above, with moderate to severe endometriosis-associated pelvic pain.

Study:

Qualified participants will receive all study-related medical care at no charge. Participants will be compensated for their time and travel.

To learn more: Contact Dawn Shields at 937.208.3689 or dashields@premierhealth.com



clinicaltrialsresearchalliance.com
937.705.1081 • ctra@wright.edu



6 ways to start loving your body



Adrienne Lohr
News Writer
Lohr.8@wright.edu

In a society with very narrow representations of what beauty looks like, body shaming runs rampant. It has become very easy to fall into a pit of self-deprecation while striving to meet unrealistic standards and set our expectations of our physical appearances high. Here are some ways to love your body today - just as it is.

1. Remember that bodies come in many shapes and sizes.

Like snowflakes and diamonds, no two bodies are the same. Don't compare yourself to that model on the Victoria's Secret runway. Appreciate the unique curves of your hips and the freckled skin on your face. No one else will ever look like you, so embrace it.

2. Pamper yourself

Even the nicest cars need

to be taken to the shop for maintenance from time to time. Take the time to go to a spa and give your skin some love. Splurge to get your nails done once in awhile.

3. Wear what you feel comfortable in

You will never feel good in your own skin if you don't feel good in what's covering it. Make clothing choices that flatter your body.

4. Exercise in your own way

Exercise does wonders for maintaining the body, but not everyone is going to be a bodybuilder. Turn to yoga, zumba, swimming or some other form of exercise that gets your body moving in a way that makes you happy.

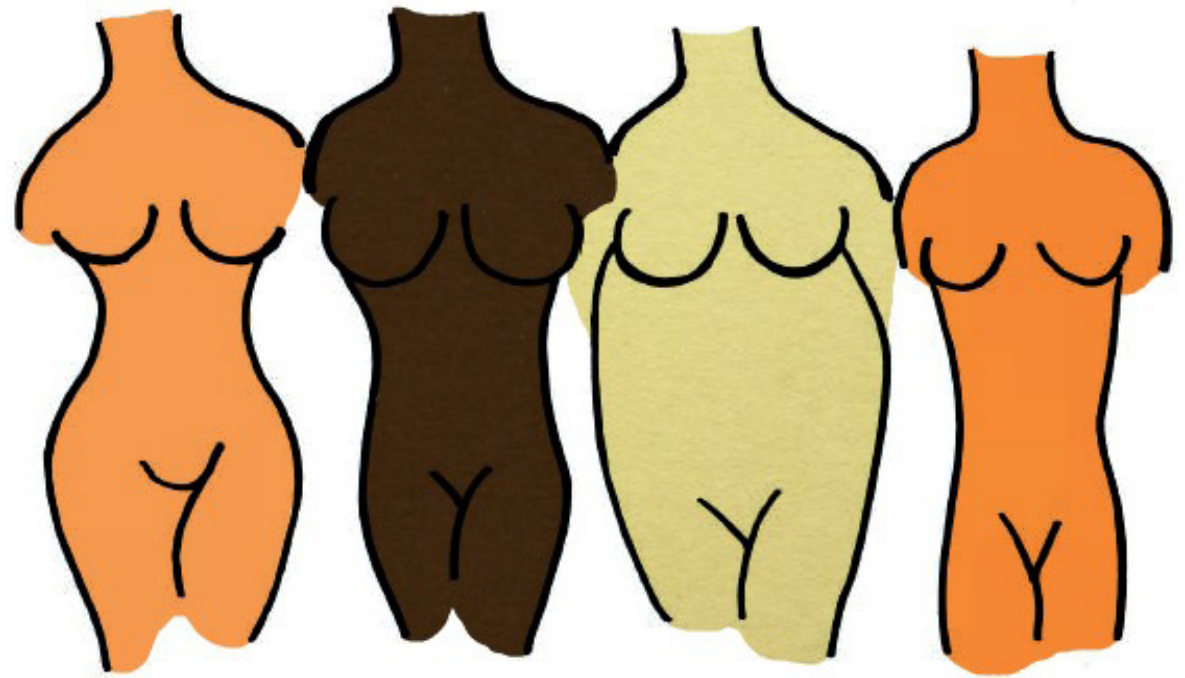
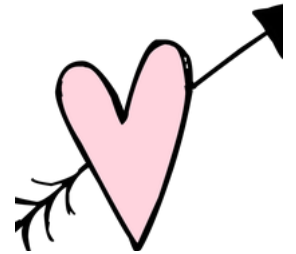
5. Eat when you're hungry

If you're struggling with your weight and looking to shed a couple of pounds, skipping meals isn't the an-

swer. Not only will you feel miserable, but your metabolism will not thank you, either. Studies show that keeping your meals consistent actually helps to maintain weight.

6. Tone down the make-up

Especially for women, reliance upon cosmetic enhancement becomes so heavy sometimes that it's hard to see our own faces without it. You have a natural pallet to work with. Rather than painting on a whole new face, use your makeup to amplify what you already have.






WWSU1069.org

Dayton's Wright choice for old and new favorites as well as talk and sports

Check us out on Facebook and Twitter





Tuesdays - \$2 Burgers & \$1 Tots
Wednesdays - \$1 Grilled Cheese & \$1 Tots
Thursdays - \$1 Brats & \$1 Tots

2348 GRANGE HALL ROAD • BEAVERCREEK, OH 45431
 937.431.1700 • WWW.KINGSTABLE.CO

*MUST BE 21 OR OLDER AFTER 10PM

SPEAK YOUR MIND

GUARDIANEDITORIAL@GMAIL.COM

Spring 2016
Raider Registration Sessions

Learn to use WINGS Express for registration
Leave registered for Spring 2016 classes



Pick a date after your assigned registration date:

- Monday, Nov. 2, 3:30-5:00 p.m. — 012 LX
- Wednesday, Nov. 4, 11:30 a.m.-1:00 p.m. — 005 LX
- Thursday, Nov. 19, 11:30 a.m.-1:00 p.m. — 012 LX
- Friday, Nov. 20, 11:30 a.m.-1:00 p.m. — 005 LX
- Monday, Nov. 23, 3:30-5:00 p.m. — 012 LX
- Tuesday, Nov. 24, 11:30 a.m.-1:00 p.m. — 016 LX

BEFORE THE SESSION, MEET WITH
YOUR ACADEMIC ADVISOR TO :

- ✓ Complete registration requirements
- ✓ Determine what classes you need
- ✓ Make a list of backup classes

QUESTIONS? CONTACT:

RAIDERCONNECT

130 Student Union

(937) 775-4000

RaiderConnect@wright.edu

NEWSBOYS

**Dec 3, 2015
Nutter Center**

**WE BELIEVE
GOD'S NOT DEAD**

TOUR

WITH SPECIAL GUESTS **HAWK NELSON** **Ryan Stevenson**

www.NutterCenter.com

Special
Prices
for
College
Students

PROFESSIONAL DEVELOPMENT DAY

Dec. 07, 2:30-5:00

Rike Hall Lobby

The Raj Soin College of Business Center for Career Management is excited to announce the first Business Development Day, exclusive for college of business students. During the event, students will have the opportunity to participate in:

- Our 3rd annual Business Pledge Ceremony
- Enjoy a keynote speaker, Mr. Ron Lamb, President of Reynolds and Reynolds
- Receive a professional head shot photo
- Network with leading national companies
- **Dress for Success Workshop**
- **LinkedIn Workshop**
- **Build Your Brand Workshop**
- **Financial Success Workshop**

Register online at: wright.edu/ProfessionalDay for an extra entry into one of the grand raffle prizes, including an iPad sponsored by Reynolds and Reynolds.

RAJ SOIN
College of Business
WRIGHT STATE
UNIVERSITY

Connect with
"WSU Business"



A GREAT CAUSE & GREAT FOOD



JOIN US AT
BUFFALO WILD WINGS

THURSDAY, NOVEMBER 19TH



FOR A FUNDRAISER FOR YOUR STUDENT PAPER, THE GUARDIAN!

Boneless Thursday & Football Game Night

11:00 AM - 1:00 AM



EAT WINGS. RAISE FUNDS™. IT PAYS.

On the day of your event, Buffalo Wild Wings® will donate 10% of all pre-taxed sales (less promotional discounts) from any guest that presents this fundraising ticket.

We look forward to helping your organization meet its financial goals. Together, we can make a positive impact and help keep our community working and playing together.

(Present this ticket to your server on the date & time listed below)

WRIGHT STATE UNIVERSITY'S THE GUARDIAN NEWSPAPER

November 19, 2015 • 11:00 AM

2776 Centre Dr. Beaver Creek Towne Center • Fairborn, OH • 937-431-8555

ADMIT ONE

©2014 Buffalo Wild Wings, Inc.

Mental and physical effects of marijuana



Adam Ramsey
Features Editor
Ramsey.55@wright.edu

Marijuana is one of the most common illegal substances and has been on the ballot to be considered for legalization, but what do we really know of the drug? How does marijuana affect the body and mind?

Marijuana is mostly comprised of two chemicals; tetrahydrocannabinol (THC) and cannabidiol (CBD), according to Yvonne Lusk, clinical instructor for the College of Nursing and Health, and can be used in a variety of ways, like smoking and consumption.

"Marijuana affects the lungs in the same way as cigarettes," Lusk said, "frequent lung illness infection such as chronic bronchitis pneumonia. It may cause cancer."

Marijuana can also cause problems with the heart and could cause reproductive complications.

"It may also cause increased heart rate and some studies have associated marijuana with heart attacks and stroke," Lusk said. "Problems with birth defects and fertil-

ity have also been associated with marijuana use."

Mentally, marijuana can increase ADHD, impair memory and decrease drive, according to Lusk. THC also activates the pleasure center, causing the brain to change priorities.

"When this happens the brain prioritizes marijuana

with the need for food and water," Lusk said. "With this prioritization, school, relationships, work all become less important than the need for the drug."

Marijuana also is associated with mental illness.

"In addition, [it] has been linked to mental illness such as depression, anxiety and even increased risk of psychoses with those who

already had a genetic predisposition," Lusk said. "It is difficult to establish cause and effect for these illnesses."

Lusk said that Marinol, a form of medical marijuana is used to treat decreased appetite and nausea, even in Ohio.

According to Drugabuse.gov, the THC and CBD in marijuana holds other benefits for medical use.

"THC-based medications are used for these purposes. THC may also decrease pain, inflammation (swelling and redness), and muscle control problems. CBD is a cannabinoid that does not affect the mind or behavior. It may be useful in reducing pain and inflammation, controlling epileptic seizures, and possibly even treating mental illness and addictions."



Marijuana is one of the most common illegal substances, with both positive and negative effects to the body.

What's your body type?

Alex Keller
Keller.84@wright.edu
Contributing Writer

There are three general body types: Ectomorph, mesomorph, and endomorph. Understanding which body type you are not only provides information about how you respond to diet and exercise, but can also set you up for success when planning your diet and training program.

Ectomorphs are skinny, have a high metabolism and have trouble gaining weight and muscle.

Body characteristics:

small joints, low body fat, narrow frame, flat chest, small shoulders "pencil

frame"

Training tips:

Train heavier with repetitions in the 5-10 range. Take longer rest breaks due to higher weights. Do compound lifts, which is an exercise that engages two or more joints to stimulate the entire muscle group. Limit cardio, or do a HIIT style cardio.

Diet tips:

Eating carbs throughout the day especially post workout will increase weight gain. Eat high quality protein and healthy fats, as well as high density foods such as almonds, avocado, or peanut

butter.

Endomorphs are the complete opposite of an ectomorph. They are larger in appearance with more fat and lower muscle definition. Even if they diet it can be hard to lose the weight.

Body characteristics:

Soft round body, lower muscle definition, more adipose tissue, with a "stocky" build.

Training tips:

To keep fat to a minimum do as much cardio as possible. Add 30-60 of cardio to each session. Train in 15+ repetition range, take 20-45 second rest periods between

sets, do compound lifts to burn more calories.

Diet tips:

Increase protein intake and decrease carbohydrates. Avoid high carb/starchy carb foods outside the workout window. Non-processed whole grain carbohydrates such as quinoa, millet and amaranth are ideal. Avoid processed sugary simple carb foods. Don't flash diet.

Mesomorph are in between the ectomorph and endomorph and display qualities from both. They have a larger bone structure as the endomorph does, but a low body fat percentage as the ecto-

morph has.

Body characteristics:

Athletic, defined muscle, strong, gains muscle easily, symmetrical build, wide shoulders, small waist, low body fat.

Training tips:

Train in the 8-12 rep range, 30-1 min rest periods between sets do cardio in moderation.

Dieting tips:

Do best with a balanced diet of carbs, proteins and fats. Even though metabolism is high avoid starchy/sugary carb foods outside the workout window, except at breakfast.



Yoho looks to overcome a bruising season



Alan Hieber
Contributing Sports Writer
Hieber.2@wright.edu

Wright State forward JT Yoho is looking to bounce back from a knee injury last season, which ended in a tumultuous 11-20 record.

Yoho was sidelined following the Raider's loss against Ohio State last December with significant knee bruising. The injury would linger and leave him on the bench for much of the remainder of the season.

After his knee surgery, Yoho had to go through an intense and often painful recovery process on a daily basis to get back into playing shape. This would include range of motion exercises for

his knee.

"Some days I had goals," Yoho said. "I had to get it to 90 or 95 degrees and I had to hold it in that position. It was really painful."

Having an underperforming year that can be attributed to multiple injuries is a source of motivation for Yoho and his teammates this season.

"We had a lot of injuries and that wasn't our fault," Yoho said. "That motivates us to come in everyday and work hard."

As a senior this year, Yoho is a player the underclassmen will look up to, according to Wright State head basketball coach Billy Donlon.

"The younger guys will

look to JT for motivation, inspiration and knowledge," Donlon said. "All those different things come into play. We will need great leadership from him."

Yoho's humility and motivation to learn are two attributes that have stood out in Donlon's mind.

"He came here and it was humbling his freshman year," Donlon said. "There were some very good older players at his position. He didn't allow the fact that he was so successful as a high school player limit his work ethic as a college player."

Looking back at his first season at Wright State Yoho explained that his game was one-dimensional.

"When I first got here I was

a shooter to be honest," Yoho said. "He (Donlon) is known for developing his players. Now I can do a little of everything."

For Yoho, the work he put in and socialization he had with his teammates are two things he will miss most.

"We've spent so many hours each day together. We have practices, weights and film sessions together," Yoho said. "We go out to dinner and we have walkthroughs. I am definitely going to miss all the time I spent with these dudes."

In his first game this season against South Dakota last Friday Yoho looked like the player he was before the injury that averaged a double-

double. He was able to reach just that with an impressive 18 points and 11 rebounds.

After two heartbreaking losses in the Horizon League Championship in his freshman and sophomore campaigns making an NCAA Tournament run this year would have plenty of significance for Yoho.

"It has always been a dream of mine growing up as a kid to play in March Madness," Yoho said. "It would mean everything to me. It is a once in a lifetime opportunity."

Donlon added a few words to describe what Yoho is capable of in practice and during game action.

"He is a silent-assassin," Donlon said.

Men's soccer falls in finals: *Ngatcha and Lynch receive First-Team honors*



Tre Hogue
Sports Writer
Hogue.14@wright.edu

Just like that, the season is over for Wright State's men's soccer team, as the Raiders fell in the Horizon League Championship game 1-0 against Oakland.

A win Saturday night would have given the Raiders an automatic bid into the NCAA tournament. Instead, the Raiders will head home from Chicago, reminiscing on what should have been.

For the Raiders, the season started with hope and promise, jumping out to a 9-3-1 start and looking very much like the cream of the Horizon League crop. A 1-4 finish down the stretch, including three-straight home losses, dropped the Raiders from No.1 in the league, to nearly not making their post-season tournament.

The Raiders were considered a long shot from the beginning of the tournament, earning the No. 6 seed after a 4-4-1 Horizon League record, but wins at Northern Kentucky and No. 1 seed UIC set up an unlikely rematch.

The rematch turned to Deja vu, unfortunately.

Wright State (12-8-1) led

Oakland nine shots to six, but only one of those shots were on goal. Oakland had an equally difficult time finding shots on goal, but a free kick by Oakland's Matt Dudley from 25 yards out—16 minutes into the second half—turned out to be the deciding factor in match.

Last season, Wright State succumbed to a similar fate, losing in the Championship Game to Oakland 2-1. Oakland also beat Wright State at home, Nov. 6, in the regular season finale.

While the season ended on a bittersweet note, there were some silver linings from the team, where five Raiders received Horizon League Honors.

Junior forwards Peguy Ngatcha and Eric Lynch were both named Horizon League First Teamers. Ngatcha's seven goals were good enough for a four-way tie atop the Horizon League leader board. His 17 points gave him sole-possession of the No. 1 spot.

Lynch, last season's Horizon League Player of the Year, was second on the team with five goals and notched

only three assists—a far cry from his record 13 assists in 2014.

Jackson Dietrich earned Freshman of the Year honors, after leading the Raiders (second in HL) in assists with seven. Dietrich also scored

three goals, giving him 13 points on the season. Fellow freshman Eric Hutton joined Dietrich on the All-Freshman Team.


Junior midfielder Sam DeRoy received Second Team honors.

Wright State also led the Horizon League in overall points (37) and had the best overall win percentage (.625)



Jeff Rhodes striking the ball

Photo by Josh Cunningham



**My one reason?
To pay for books
and tuition.**

You only need one reason to donate plasma.

Find out how becoming a plasma donor can make a difference for patients and help you earn extra money.

All donors can earn up to **\$100** in one week.
Show college photo id and earn an **extra \$5** on first donation.

Talecris Plasma Resources / 937-275-5996
3909 Salem Ave, Dayton, OH 45406
Mon, Tues, Sat, Sun: 7am-3pm, Wed-Fri: 7am-7pm
Bring one photo id, proof of address and social security card.

grifolplasma.com **GRIFOLS**



Peace Corps is an experience like no other.

Start your journey at peacecorps.gov/openings

 Peace Corps Midwest  @PeaceCorpsOH

Men's basketball notebook: Raiders fall in back-to-back games of the NIU Showcase



Lee Barker III
Sports Editor
Barker.94@wright.edu

After beginning the season with a 77-69 victory over South Dakota in the NIU Showcase, Wright State men's basketball team dropped consecutive games to Cal State Northridge and Northern Illinois over the weekend of Nov. 13-15.

Vs. South Dakota

After an injury-filled season last year, senior forward JT Yoho did not take long to get back into the mix of things as he sank the Raiders first basket of the season with a 3 pointer just 1:22 into the game on Friday, Nov. 13.

Sophomore guard Mark Alstork made the most of his Raiders debut as he made eight of 11 shot attempts for a game-high 27 points with 20 coming in the second half.

The Raiders allowed a 7-0 run by South Dakota to start the second half but retaliated with a 20-7 run within an eight minute time span to gain a lead that they would

never give up.

Vs. Cal State Northridge

It appeared that the Raiders were on their way to a perfect 2-0 start to the season as they led Cal State Northridge by 14 in the second half on Saturday, Nov. 14. With 6:11 remaining the Matadors went on a 12-2 run to tie the game at 63 with 1:50 left.

The Raiders turned the ball over on three straight possessions in the final two minutes and allowed the Matadors to go on a 7-0 run to win 72-67 and hand WSU their first loss of the season.

Sophomore guard Grant Benzinger was on fire from the three point line as he drained five of six attempts and led the Raiders with 15 points.

Vs. Northern Illinois

Benzinger continued his hot shooting with nine first half points against host Northern Illinois in a 65-59 loss on Sunday, Nov. 15.

The Raiders held a four point lead with 5:25 remain-

ing but gave up the lead after a 6-0 run by the Huskies leaving them down two with 1:51 remaining. A 3 pointer by NIU guard Travon Baker with 20 seconds left put the Huskies up five and sealed the deal.

Yoho led the Raiders with 16 points but got into foul trouble and missed seven of the final 10 minutes. Benzinger never took a shot in the second half after going 3-5 from the 3 point line.

Overview

Yoho, Alstork and Thomasson each averaged 15 points per game in the Showcase.

Thomasson flirted with a triple-double twice with 16 points, nine rebounds and seven assists vs South Dakota and 14 points, eight rebounds and eight assists against Cal State.

Up Next

The Raiders will be back in action on Friday, Nov. 20 as they travel to Rupp Arena to take on Coach John Calipari and his Kentucky Wildcats at 8 p.m.

Raiders volleyball fail to make the conference tournament



Lee Barker III
Sports Editor
Barker.94@wright.edu

Wright State's women's volleyball team defeated Oakland 3-1 in their final game of the regular season on Friday, Nov. 13 but their 4-12 conference record did not qualify them for the Horizon League Tournament for the sixth straight year.

The road was bumpy for Wright State (15-16; 4-12) as they began the season with their best start since 2002 with an 11-4 record before falling apart during conference play losing their first four games. The struggles continued after the Raiders put a halt to their losing streak as they dropped the next seven games before winning three of their final four.

Despite the struggle to collect wins in the conference,

the Raiders found individual successes with many players ranking among the top in the league.

Sophomore libero Jessie Thornton led the team with 564 digs, two shy of a school record and tied for second in the conference with an average of five digs per set.

Sophomore setter Rachel Kremer collected 37 aces and tied for first in the conference with .35 aces per set.

Freshman middle blocker Alannah Lemming led the conference with an average of 1.4 blocks per set but junior middle blocker Haley Garr led the team with 107 blocks.

Sophomore setter Maddie Lohmeier collected 1,216 assists and tied for second in the conference with an average of 10.9 assists per set.

Sophomore offensive hitter

Katie Klusman led the team with 430 kills, 453.5 points and ranked third in the conference with an average of four kills per set.

The Raiders will lose two

players next season due to graduation; Middle blocker Marisa Aiello and defensive specialist Katie Glassmeyer.

Aiello ranked fourth in the conference with a .306 hit-

ting percentage during her senior season. Aiello collected 787 kills in her career at Wright State with a career high of 16 kills against St. Peters in 2012.



Photo by Josh Cunningham

Megan Hopkins spikes the ball for a kill.





Staying green downtown with Garden Station



Kasi Ferguson
Contributing Writer
Ferguson.137@wright.edu

Garden Station boasts modern art and walk-through rows of organic fruits and vegetables for the local Daytonian, all regularly tended by the park's creators and volunteers. Garden Station is an urban garden and art park located in the Oregon district.

Established in 2008, the park located at 4th and Wayne street, used to belong to the railroad and was used as a storage yard. A local artist collective as well as Lisa Helm, the founder and project manager, looked at the abandoned lot and instead saw the opportunity for change.

"We are doing this because we are trying to make the city better and create something the city needs," Helm said.

Though the park received

fire for zoning laws in 2013, it continues to thrive, having added pop bottle and "hoop house" greenhouses and several separate gardens in addition to the charming archway and sculptures that bring splashes of color to the green expanse.

Events like Earthfest, as well as local festivals occur at Garden Station regularly. Live music, volunteer days, bonfires and markets pull in locals and tourists, as well as promote the innate idea behind the park: members of a community help each other.

"Garden Station has been made possible, in part, by the generous contributions, volunteers and project sponsorships of more than 50 local businesses," according to their website. "Garden Station is built and cared for

with community volunteers and donations."

Considering the dozens of cost-free classes taught year round on multiple sustainable living topics and markets based entirely on exchanging free items based on people's needs, the statement rings deeply true. Anyone can rent a plot in the garden, apply to paint murals on the 600-foot wall or become a vendor at the Sunday market. It is truly a place to experience growth of nature and community friendliness.

More information about the volunteer and donation opportunities, events, art contributions or markets can be found on the Garden Station webpage or Facebook page.



Photo by Emily Nurrenbrock

Garden Station, located on 4th and Wayne, is cared for by community volunteers from Dayton.

Sleep loss: The effects of a college all-nighter



Adrienne Lohr
News Writer
Lohr.8@wright.edu

Turns out that late night cram sessions are not without consequence. Studies find that sleep loss leads to significant weight gain.

"The relationship between sleep habit and weight is now undeniable," said Cindy Guirino, adjunct faculty of biochemistry and molecular biology.

Adults need an average of seven to nine hours of sleep a night dependent upon lifestyle and health, according to the National Sleep Foundation. However, compared to the average six hours of sleep college students get every night, nine hours sounds more like a luxury than a necessity.

Shift work, insufficient time to sleep, caffeine, irregular sleeping patterns and substance abuse are just a few of the many things that contribute to the chronic sleep loss that the college years bring, according to Guirino.

It may not seem like a big

deal to give up a few hours of sleep every night, but the effects of chronic sleep loss are staggering and sometimes irreparable, one of the most adverse being weight gain.

One of the most common contributors to the weight gain, according to Guirino, is the increased fatigue that accompanies sleep deprivation. Fatigue is an incentive for individuals to reach for quick energy fixes that are often high in calories or carbohydrates. Fatigue, though, is also correlated with a decrease in physical activity, without which the body cannot efficiently burn off the excess food.

Guirino said that practicing good sleep hygiene habits will go a long way in avoiding these consequences. Keeping regular bedtimes and wake-up times, cutting down or avoiding naps, limiting food intake three hours before bedtime and taking warm baths before sleeping are just a few ways to enhance sleeping patterns.



Photo by Josh Cunningham

horoscopes

Nov. 18-Dec 1

Aries (Mar. 21-Apr. 20)

Don't use too much lotion this week, Aries. If you do, you could fall down the stairs of Oelman and the extra moisture on your skin could send you slipping and sliding into the arms of an unwelcome stranger. Avoid this awkward encounter altogether by putting up with your dry skin and eating more cheese for breakfast. Your lucky snowcone flavor is: Black cherry.

Taurus (Apr. 21-May 21)

You're always looking for love in the wrong places, Taurus, but not this week! The love of your life could cross your path on Wednesday at 4:13 in the library. Be vigilant, because the window of opportunity is small. They will be wearing a yellow coat. Your lucky conversation topic is: Horoscope hookups.

Gemini (May 22-June 21)

If you don't believe in ghosts now, you better start believing, because the ghost of your dead beta fish will be looking for you this week, Gemini, and it has some choice words for you. Avoid this inevitable disaster by spreading cookie crumbs on your window sills. The crumbs will distract the beta-ghost, giving you time to run. Your lucky musician this week is: Paul Rudd.

Cancer (June 22-July 22)

The bowel train is chugging your way and you're sitting in class with the meat sweats. How do you survive? Have a friend call you with an 'emergency' and skip class to make that much needed trip to the can. Your lucky bean is: No beans for you this week.

Leo (July 23-Aug. 21)

Give up on finding love and start looking for a good biscuits and gravy meal instead. A blog focused on this glorious breakfast delicacy will take off within the year, showering you with fame and fortune. Beware that your gravy-induced ego doesn't get in the way. Your lucky thrift-store find is: An old graduation gown with dried cat pee on the sleeve.

Virgo (Aug. 22-Sep. 23)

Get down and dirty with a pottery class this week, Virgo. Until Dec. 1, you will be extremely skilled at flinging that clay around the wheel, but after that your skill will plummet and you'll be left the laughing stalk of your community pottery class. Your lucky conversation topic is: Polka dot tank tops.

Libra (Sep. 24-Oct. 23)

Brave the cold, November nights to pick up that burrito your roommate desperately needs. Without the carnitas and pico de gallo, your roommate could go into a burrito-deficiency induced fit of despair. If you arrive home too late, ease spoonfuls of guacamole into their mouth and they'll be revived in a jiffy. Your lucky livestock this week is: The Florida cracker cattle.

Scorpio (Oct. 24-Nov. 22)

Learning to burp the ABC's will not bring the ladies flocking, neither will the milkshakes bring the boys to the yard. Instead, take a philosophical route and quote Kanye West to your lover, "My greatest pain in life is that I'll never be able to see myself perform live." We can't guarantee this will elicit a positive response, but at least it's better than milkshakes and ABC's.

Sagittarius (Nov. 23-Dec. 22)

Your birthday is approaching, which means your mom's weird Facebook friends are preparing to write on your timeline. Prep for this exciting event by changing your profile picture to one of you as a child in a bonnet and change your cover photo to one of a golden retriever puppy. You'll thank me later. Your lucky animal is: Satanic leaf-tailed gecko.

Capricorn (Dec. 23-Jan. 20)

Puking in front of your significant other isn't attractive, but neither is that faux fur coat you've been rocking since 6th grade. Time to trash the antique and dress yourself worthy of a Michael Kors runway show. Treat yourself. Your lucky condiment is: Ketchup.

Aquarius (Jan. 21-Feb. 19)

Googling your parent's crime records will only bring pain and suffering when they find out and shove you in the trunk. Just kidding, they're probably saints. But really, don't do it. But I'm sure they're great people. I'm serious though, you won't like what you see. I'm sure everything is ok. Just don't.

Pisces (Feb. 20-Mar. 20)

Take that random tooth you found on the way to class and place it beneath your pillow. The dead tooth you've been hiding from your friends and family will magically heal itself and when you wake up, the tooth beneath your pillow will be gone. Do not ask questions and don't be worried that your window is open.

The Jumble

Can you unscramble the words?

I M S C U

T U S N E D T

O A E L N

E F N C R A

Answers in order from top to bottom: Music, student, alone, France

Sudoku

		5					1	8
9	7		8		2			
		8		5	1			4
8				9				5
		9	4		6	3		
7				3				2
5			3	2		7		
			6		4		5	9
6	9					4		

UNIVERSITY WOODS

STOP LOOKING • START LIVING

1, 2 & 3 BEDROOM APARTMENT HOMES

NOW AVAILABLE

1 Bedroom Starting at \$505

2 Bedroom Starting at \$545

3 Bedroom Townhome Starting at \$870

AMENITIES

- Minutes from Campus
- Swimming Pool with Sun Deck
- Clubhouse with Pool Table & T.V.
- Private Balcony
- 24 Hour Emergency Maintenance
- 24 Hour On-Site Laundry Facilities
- Close to I-675
- Pets Welcomed
- Co-signer's Welcomed
- Dishwashers
- Garbage Disposal
- Walk-In Closets
- Spacious Parking
- Air Conditioning
- Cable Ready
- High Speed Internet Access
- Certain Units Have Attached Garages and W/D Hookups

**Bring this ad in
to waive the
Application fee
and receive
your first month's
rent
1/2 off**

CALL TODAY FOR A TOUR OF YOUR NEW HOME

(937) 878-6700



EQUAL HOUSING
OPPORTUNITY